TABLE OF CONTENTS

1. Physical Fitness ...................................................................................................................... pg 3

2. Navy/Marine Corps Missions and Midshipmen Regulations ........................................ pg 5

3. Watchstanding/Chain of Command .................................................................................. pg 9

4. Rights and Responsibilities ................................................................................................. pg 12

5. Uniform Wear/Personal Appearance .................................................................................. pg 14

6. Customs and Courtesies ..................................................................................................... pg 19

7. Navy PRT Program .............................................................................................................. pg 22

8. Marine PFT Program .......................................................................................................... pg 27

9. **Freshmen Orientation Memory Pack** ........................................................................ pg 34

Appendix A .............................................................................................................................. PRT Standards

Appendix B .............................................................................................................................. PFT Standards
PHYSICAL FITNESS

1. Basics of Physical Fitness
   
a. FITT principals
      1. **Frequency** = 3-5 times per week
      2. **Intensity** = between 65-85% of heart rate max (see HR max equation)
      3. **Time** = between 30-60 min. per workout
      4. **Type** = dynamic movements of large muscle groups.

b. Types of workouts
   1. **Aerobic** = any type of workout that concentrates primarily on oxygen consumption and the burning of fat (i.e. running, calisthenics, circuit training, swimming)
   2. **Anaerobic** = any workout that involves short bursts of energy output, primarily under 2 min. (i.e. sprints, weight training, and calisthenics)
   3. **Strength** = any type of workout that specifically focuses on the strengthening/toning of muscles (for a basic weight training workout see appendix A).

c. **Nutrition** = proper diet, and proper nutrient intake is an important part of any workout program. Proper consumption = 50-60% carbohydrates, 15-20% protein, and 15-20% fat.

d. **Hydration** = proper hydration is also an important factor in a workout program. You must consume 6 to 8 oz. of water per ½ hour of a workout to avoid heat injuries; and then continue to drink another 64 oz. throughout the day.

2. Physical requirements of AU/TU NROTC

   a. Physical training schedule
      1. Navy Option Midshipmen = Two times per week, one with your assigned company and another with a company that fits into your schedule.
      2. Marine Option Midshipmen = 0545 Monday, Wednesday and Friday.
      3. Battalion PT = Once per month on a day and time selected by the Staff, includes everyone in the Unit.
b. **PFA/PFT Schedule** = Each Midshipman will bi-annually be required to take a PFA (PFT for Marine Option)

1. **PFA**: The Navy Physical Fitness Assessment (PFA) consists of four events:
   a. Timed 1 ½ mile run or 500 yd swim (may not swim the first semester freshman year or the final semester senior year PFAs).
   b. 2 minute max curl-ups.
   c. 2 minute max push-ups.
   d. Sit-reach.

2. **PFT**: The Marine Corps’ Physical Fitness Test (PFT) consists of three events:
   a. Timed 3-mile run.
   b. 2 minute max curl-ups.
   c. Max pull-ups.

c. **Types of Physical Readiness Programs**:

1. **Developmental Programs** = designed to develop strength, endurance, physical skills and character traits. Evolve to allow gradual progression to a peak of fitness and skills.

2. **Maintenance programs** = designed to maintain peak fitness and skills.

3. **Remedial programs** = designed for individuals who either miss daily training, or have failed to meet adequate standards.
Navy/Marine Corps Missions and Midshipmen Regulations

1. Missions of the Navy
   a. Sea Control – Consists of control of a certain area of water, its airspace, and its underwater volume.
   b. Projection of Power Ashore – Using capabilities of the Navy to support land and/or air campaigns.
   c. Strategic Deterrence – Deployment of nuclear forces, therefore deterring attack for fear of counterattack.
   d. Naval Presence – Active or passive use of naval forces to achieve political objectives.
   e. Strategic Sealift – Movement of supplies to sustain combat forces.

2. Missions of the Marine Corps
   a. Provide Fleet Marine Forces with combined arms and supporting air components for service with the United States Fleet in the seizure or defense of advanced naval bases and for the conduct of such land operations as may be essential to the prosecution of a naval campaign.
   b. Provide detachments and organizations for service on armed vessels of the Navy and security detachments for the protection of naval property at naval stations and bases.
   c. Develop, in coordination with the Army, Navy, and Air Force, the doctrines, tactics, techniques, and equipment employed by landing forces in amphibious operations.
   d. Provide Marine forces for airborne operations, in coordination with the Army, Navy, and Air Force, according to the doctrine established by the Joint Chiefs of Staff.
   e. Develop, in coordination with the Army, Navy, and Air Force, the doctrine, procedures, and equipment for airborne operations.
   f. Expand peacetime components to meet wartime needs, according to the joint mobilization plans.
   g. Perform such other duties as the President may direct.
3. **Midshipman (MIDN) Regulations:** Midshipman Regulations are guidelines for behavior in and out of uniform.

   a. MIDN, Officer Candidates (OCs), and Marine Enlisted Commissioning Education Program (MECEP) students shall enter the NROTC Unit across the Quarterdeck only. Side entrance is reserved for Staff and working parties.

   b. Attendance at all Naval Science and University classes is required unless permission is granted by the professor beforehand. Absences will not be excused after the fact except in unusual circumstances.

   c. A minimum of 15 semester hours per semester is required. If it is not possible to take 15 hours, permission from the Professor of Naval Science (PNS) is required.

      (1) Midshipmen, OCs, and MECEPs are required to maintain a 2.5 GPA. If this requirement is not met those students will be required to attend study hours. If their GPA is below 2.5 two semesters in a row, they will be placed on academic probation. If they fall below 2.5 again, that person may be required to go before a board and risk the loss of their scholarship or dismissal from the program.

      (2) Study hours are a supervised study time. This program is assigned to those students who did not maintain acceptable academic standards and all incoming freshmen. Participants will be required to log 8 study hours per week. After the semester, if the participant’s GPA is at or above a 2.5, they will be released from study hours.

   d. Aptitude Assessment: While at NROTCU Auburn/Tuskegee, MIDN, OCs, and MECEPs will be evaluated in various areas on a 1.0 to 5.0 scale. These areas are:
      - Equal Opportunity
      - Leadership and Management
      - Physical Fitness
      - Military Bearing
      - Personal Behavior and Character
      - Initiative
      - Organizational Support and Teamwork
      - Academic Effort
      - Overall Grade
      - Overall Rank by Class

   e. Drill and Physical Training:
      - Drill begins promptly at 1400 each Drill day (Tuesdays and Thursdays)
- Attendance at all drills is mandatory. Scheduling of a class during normal drill times **must be authorized**.
- During PT all MIDN, OCs, and MECEPs will wear green (Marines) or navy blue (Navy) shorts, green (Marines) or yellow (Navy) unit–shirt, white socks, and running shoes. During cold weather months, green or navy blue sweats are allowed and required when below 50F.

**f. Battalion Conduct System:**
- All OCs and MECEPs (and MIDN on active duty for training e.g. summer cruise) are subject to non-judicial punishment (NJP) and courts martial.
- Several measures available to correct conduct deficiencies are:
  - Non-Punitive Censure, Extra Military Instruction (EMI),
  - Withholding Privileges, Company/Battalion level punishment,
- A brief listing of violations punishable by the Uniform Code of Military Justice (UCMJ [not all-inclusive]):

  **Article 86. Absence without leave.**
  88. Contempt towards officials.
  89. Disrespect to superior commissioned officer.
  90. Assaulting or willfully disobeying superior commissioned officer.
  91. Insubordinate conduct towards warrant officer, noncommissioned officer, or petty officer.
  92. Failure to obey an order or regulation.
  107. False official statements.
  108. Loss, damage, destruction, or wrongful disposition of military property.
  111. Drunken or reckless driving.
  112. Drunk on duty.
  112a. Wrongful use/possession of controlled substance.
  113. Misbehavior of a sentinel.
  117. Provoking speeches or gestures.
  121. Larceny and wrongful appropriation.
  128. Assault.
  132. Fraud against the United States.
  133. Conduct unbecoming an officer and a gentleman.
  134. General Article (Includes adultery, bigamy, bribery, wrongful cohabitation, and fraternization).
4. **Navy Core Values:**

   a. **Honor:** High personal esteem.

      - Includes the secondary core values of Honesty, Integrity, and Responsibility.

   b. **Courage:** Do the right thing under any conditions.

      - Includes the secondary core values of Competence, Teamwork, and Respect for people.

   c. **Commitment:** Unwavering resolve.

      - Includes the secondary core values of Loyalty, Patriotism, and Valor.

5. **Midshipman Honor Code:**

   - A Midshipman, Officer candidate or MECEP student does not **lie, cheat, or steal.**
Watchstanding/Chain of Command

1. Watchstanding Responsibilities

a. 11 General Orders

(1) To take charge of my post and all government property in view.

(2) To walk my post in a military manner, keeping always on the alert and observing everything that takes place within sight or hearing.

(3) To report all violations of orders I am instructed to enforce.

(4) To repeat all calls from guard posts more distant from the guardhouse than my own.

(5) To quit my post only when properly relieved.

(6) To receive, obey, and pass on to the sentry who relieves me, all orders from the Commanding Officer, Officer of the day, and officers and noncommissioned officers of the guard only.

(7) To talk to no one except in the line of duty.

(8) To give the alarm in case of fire or disorder.

(9) To call the corporal of the guard in any case not covered by instructions.

(10) To salute all officers and colors and standards not cased.

(11) To be especially watchful at night and during the time for challenging, to challenge all persons on or near my post and to allow no one to pass without proper authority.

b. Purpose of the Unit Security Watch

- The Unit watch is a direct representative of the Commanding Officer.

- The logbook is an official government document and shall be treated as such.

- An after hours watch is maintained to facilitate a place where members of the unit can study at night.
c. The unit watch is responsible for the maintenance and security of the unit after hours.

d. All watchstanders are required to read the Watchstanding Orders binder prior to assuming watch to ensure they understand their responsibilities.

e. The unit watch is also responsible for signing students into and out of study hours, when no Staff are available.

2. **Unit Structure/Chain of Command**

a. **Battalion:**
   - Made up of battalion staff, and 3 companies (students only).

b. **Company:**
   - Consists of a Company CO, XO, Mustering Chief Petty Officer (MCPO)/1stSgt, and Guide.
   - Includes two platoons (each including a Platoon Commander, Mustering Petty Officer/Platoon Sergeant, and three squads.)

c. **Battalion CO:**
   - Responsible for the overall training, morale, and discipline of the Battalion.

d. **Battalion XO:**
   - Carries out the Battalion policies and supervises the Battalion Staff.
   - Assumes command in the CO’s absence.

e. **Battalion Operations Officer:**
   - Responsible for all training matters within the battalion.

f. **Battalion Adjutant:**
   - Administrative Officer of the Battalion.
   - Responsible for rosters, duty lists, and publishing orders.

g. **Battalion Logistics Officer:**
   - Responsible for any equipment required for Battalion functions.

h. **Battalion Academics Officer:**
   - Aids MECEPs, OCs, and MIDN in academic matters.
   - Oversees remedial study hour program.

i. **Battalion Athletics Officer:**
   - Organizes all MIDN, MECEP, and OC students in intra-unit and intramural sports.
   - Organizes and supervises remedial PT and weight control program.
j. **Company Commander:**
   - Responsible for all that company does or fails to do.

k. **Company Executive Officer:**
   - Carries out company policies and supervises the company staff.

l. **Mustering Chief Petty Officer:**
   - Responsible for obtaining an accurate muster from the Mustering Petty Officers.

m. **Platoon Commander:**
   - Responsible for the platoons’ performance during drills and inspections.
   - Evaluates members of the platoon.

n. **Mustering Petty Officer:**
   - Responsible for obtaining an accurate muster of the platoon.

o. **Squad Leader:**
   - Responsible for basic leadership and development of the squad.
   - Trains and evaluates the squad.
RIGHTS AND RESPONSIBILITIES

1. **Rights/Privileges**
   a. **Redress of wrong committed by a superior**
      - Must maintain a respectful attitude.
      - Personnel have the right to file a complaint without feeling undue pressure.
   b. **Direct communication with the CO**
      - Proper manner, time, and place.
   c. **Communications with members of Congress**
      - Not for legislation or appropriations.
   d. **Equal Opportunity and treatments**
      - No discrimination based on race, color, religion, creed, sex, or origin.
   e. **Privileges as a Midshipman**
      - Scholarship Program midshipmen receive tuition, uniforms, $750/yr of books paid for, $250 per month stipend (increasing $50 per month each academic year), and are allowed use of Commissaries and Exchanges.
      - College Program midshipmen receive uniforms, and the monthly stipend once they have picked up Advanced Standing during their last two academic years.

2. **Responsibilities**
   a. **Compliance with lawful orders**
      - Obey readily and strictly, and execute promptly, lawful orders of superiors.
   b. **Requirement of exemplary conduct**
      - Provide an example of virtue, honor, and patriotism.
   c. **Obligation to report offenses**
      - Immediately report all offenses under UCMJ which they observe.
   d. **Fraternization**
      - Personal relationships are prohibited:
         1. Between officers and enlisted.
         2. Between officer and officer if within same chain of command.
         3. Between enlisted and enlisted if within same chain of command.
e. **Sexual Harassment**
   - Our responsibility is to train personnel on sexual harassment and to take proper action once sexual harassment has occurred.
UNIFORM WEAR/PERSONAL APPEARANCE

1. Grooming Standards for Men (Navy Option Midshipmen and Officer Candidates)

a. Hair:
   - Tapered from lower hairline upwards at least ¾” and outward not greater than ¾” to blend with hairstyle.
   - May not touch ears or collar.
   - Bulk of hair may not exceed 2.”
   - Faddish, multicolor, braided, dreadlocked, etc. hair is unauthorized.
   - Varying hairstyles are permitted if above requirements are met.

b. Sideburns:
   - Shall not extend below the midpoint of the ear canal.
   - Shall not be flared and shall end with a clean shaven horizontal line.

c. Facial Hair:
   - The face will be clean-shaven at all times including leave and special liberty.
   - Mustaches are permitted as long as they meet the following restrictions:
     Cannot extend below lipline of upper lip, cannot extend below the horizontal line from the corners of the mouth, and cannot extend more than ¼“ beyond the vertical line drawn from corners of the mouth.

d. Fingernails:
   - Fingernails will not extend past fingertips.

e. Jewelry:
   - One ring per hand, excluding wedding ring, is authorized.
   - Earrings are not authorized while in uniform, on a military installation, in a foreign country, or in conjunction with military duties. For the purposes of this instruction, Auburn/Tuskegee Universities are considered military installations.
   - Only one necklace may be worn while in uniform and it cannot be visible.
   - One wristwatch is authorized and bracelets are not authorized while in uniform.
2. **Grooming Standards for Men (Marine Option Midshipmen and MECEPS)**

   a. **Hair**  
      -The hair clipped at the edges of the side and back will be evenly graduated from zero length at the hairline in the lower portion of the head to the upper portion of the head and will not be over 3 inches in length fully extended on the upper portion of the head. The back and sides of the head below the hairline may be shaved to remove body hair. Hair which protrudes from beneath properly worn headgear in an unsightly manner is considered excessive regardless of length. No Marine will be required to have his chest hair clipped except that which is so long as to protrude in an unsightly manner above the collar of the undershirt.

   b. **Sideburns**  
      -Sideburns will not be styled to taper or flare. The length of an individual hair of the sideburn will not exceed 1/8 inch when fully extended.

   c. **Facial Hair**  
      -The face will be clean-shaven at all times including leave and special liberty.  
      -Mustaches are permitted as long as they meet the following restrictions: Cannot extend below lipline of upper lip, cannot extend below the horizontal line from the corners of the mouth, and cannot extend more than ¼“ beyond the vertical line drawn from corners of the mouth.

   d. **Hairpieces**  
      -Hairpieces or wigs are not authorized for active duty Marines. Reserve Marines may wear hairpieces or wigs only during periods of inactive duty.

   e. **Fingernails:**  
      -Fingernails will not extend past fingertips.

   f. **Jewelry:**  
      -One ring per hand, excluding wedding ring, is authorized.  
      -Earrings are not authorized while in uniform, on a military installation, in a foreign country, or in conjunction with military duties. For the purposes of this instruction, Auburn/Tuskegee Universities are considered military installations.  
      -Only one necklace may be worn while in uniform and it cannot be visible.
      -One wristwatch is authorized and bracelets are not authorized while in uniform.
3. **Grooming Standards for Females**

a. **Hair:**
   - When in uniform, hair on back of head may touch, but not fall below, the lower edge of collar.
   - Must not show under front of brim of the cover.
   - Faddish, multicolor, etc. hair is unauthorized.
   - No ponytails, pigtails, braids, dreadlocks, etc. while in uniform.
   - No hairnets.
   - Maximum of 2 barrettes similar to hair color allowed to pin up hair.

b. **Fingernails:**
   - Fingernails shall not extend past fingertip more than ¼.”

c. **Jewelry:**
   - One ring per hand excluding the wedding ring and engagement ring while in uniform.
   - One earring per ear while in uniform.
   - Earrings shall be gold 6mm ball, plain with brush matte finish.
   - Only one necklace may be worn in uniform and it shall not be visible.
   - One watch and one bracelet may be worn while in uniform.

4. **Additional Requirements**

a. **Knapsacks/book bags:**
   - While in uniform must be of black, navy blue, or MARPAT/NWU color scheme.

b. **Umbrellas:**
   - Umbrellas are authorized for Navy personnel and must be plain black style.

c. **Other:**
   - Non-faddish sunglasses may be worn while in uniform, however, cannot be worn during drill or unit formations.

5. **Dress Code While Not in Uniform (on campus)**

a. Shirts shall be tucked in.

b. Tanktops are not authorized.

c. No half shirts and no clothing with obscenities.

d. Flip flops will not be worn.

e. Cleated shoes are only authorized for PT.

f. Pants or shorts with belt loops shall be worn with a belt through the loops.

g. Male members of the Unit cannot wear earrings while on campus.

h. Camouflage utilities shall not be worn as civilian clothes.
6. **Uniform Particulars:**

a. All personnel are required to wear nametags when in uniform, except when wearing SDBs and Dress Whites. They will be centered ¼” (1/8 inch for Marine Option MIDN and MECEPs) above the right pocket.

b. Shoes must be shined over the entire surface. They are to be laced outside over inside and with no bridge.

c. Belts shall be kept clean and buckles shined. Belts shall be worn with the clip end touching the buckle and no cloth showing. Marine Option MIDN and MECEPs will allow 2”-4” from the buckle to the belt tip.

d. NROTC Unit Ribbons or Active Duty Ribbons **shall be worn** and centered ¼” (1/8 inch for Marine Option MIDN and MECEPs) above the left pocket.

e. **Khaki Uniform:**
   - Black shoes
   - Black socks
   - White t-shirt
   - Short sleeve cotton or polyester shirt
   - Cotton or polyester trousers
   - Garrison or Combination cover
   - Nylon web or polyester belt

f. **Summer White Uniform:**
   - White shoes
   - White socks
   - White t-shirt
   - White short sleeve polyester shirt with shoulder boards
   - White polyester trousers
   - White belt
   - White combination cover

g. **Dress Whites:**
   - White shoes
   - White socks
   - White t-shirt
   - White jacket with shoulder boards
   - White polyester trousers
   - White belt
   - White combination cover
h. **Dress Blues:**
- Black shoes
- Black socks
- White T-shirt
- White long sleeve cotton shirt with shoulder boards
- Black Trousers
- Black tie
- Tie clip (optional)
- Black jacket
- White combination cover

i. **Cap Insignia:**
- Garrison cap insignia is a gold fouled anchor (enlisted USMC emblem for Marine Option MIDN) 1- 1/16” in length.
- Insignia is worn with the center 2” from the left front seam and 1-1/2” above bottom edge.

j. **Shirt Collar Insignia for Summer Khakis:**
- Placed on collar by centering it 1” from the front and lower edges and positioning it with the vertical axis of the insignia along an imaginary line bisecting the angle of the collar point.

k. **Skirts:**
- Skirts will be worn so that the bottom of the skirt is from 1 ½” above to 1 ½” below the crease behind the knee.

l. **Trousers:**
- Trousers shall be worn so that the leg bottom hangs approximately 2” from the floor at the back of the shoe.
Customs and Courtesies

1. CUSTOMS AND TRADITIONS

   a. The first duty of the NROTC student is to learn and conform to the customs and traditions of the naval service. The rules for military etiquette are founded on customs and tradition, and their strict observance forms an important factor in the maintenance of discipline. It must be understood that these evidences of respect and courtesy are observed equally by all officers and enlisted personnel in the naval service and that the junior is always the one to take the initiative. However, concern over who is junior and who is senior too often creates an embarrassing situation for which there is really no need. There is nothing wrong with a senior initiating a courtesy. So when in doubt, take the initiative.

2. MILITARY COURTESY

   a. Exchange of Hand Salutes

      (1) The hand salute is the long-established form of greeting and recognition exchanged between persons in the armed services. All persons in the naval service shall be alert to render or return the salute as prescribed in these regulations.

      (2) The salute by persons in the naval service shall be rendered and returned with the right hand, when practicable. With arms in hand, the salute appropriate thereto shall be rendered or returned.

      (3) Juniors shall salute first. All salutes received when in uniform and covered shall be returned; at other times, salutes received shall be appropriately acknowledged. Persons uncovered shall not salute, except when failure to do so would cause embarrassment or misunderstanding.

      (4) Civilians may be saluted by persons in uniform when appropriate, but the uniform hat or cap shall not be raised as a form of salutation.

   b. Occasions for Rendering Hand Salutes

      (1) Salutes shall be rendered by persons in the naval service to officers of all the armed services of the United States, the National Oceanic and Atmospheric Administration, the Public Health Services, and foreign armed services.

      (2) All persons in the naval service shall salute all officers senior to themselves on each occasion of meeting, overtaking, or passing near or when addressing or being addressed by such officers, except that:
(a) On board ship, salutes shall be dispensed with after the first daily meeting, except for those rendered to the Commanding Officer and officers senior to him or her, visiting officers, or officers making inspections, and to officers when addressing or being addressed by them.

(b) When such procedure does not conflict with the spirit of these regulations, at crowded gatherings or in congested areas, salutes shall be rendered only by a person addressing or being addressed by an officer who is senior to him or her.

(c) Persons at work or engaged in games shall salute only when addressed by an officer senior to them and then only if circumstances warrant.

(d) Persons in formation shall salute only on command.

(e) When boats pass each other with embarked officers or officials in view, hand salutes shall be rendered by the senior officer and coxswain in each boat. Officers seated in boats shall not rise when saluted. Coxswains shall rise unless it is dangerous or impracticable to do so.

(f) Persons operating moving motor vehicles should not render or return salutes. Passengers will render and return salutes.

(g) Persons guarding prisoners will not salute.

c. Other Marks of Respect

(1) Juniors shall show deference to seniors at all times by recognizing their presence and by employing a courteous and respectful bearing and mode of speech toward them.

(2) Juniors shall stand at attention, unless seated at mess, or unless circumstances make such action impracticable or inappropriate:

(a) When addressed by an officer senior to them.

(b) When an officer of flag or general rank, the commanding officer, or an officer senior to the commanding officer in the chain of command, or an officer making an official inspection enters the room, compartment, or deck space where they may be.

(3) Juniors shall walk or ride on the left of seniors whom they are accompanying.
(4) Officers shall enter boats, aircraft and automobiles in inverse order of rank and shall leave them in order of rank, unless there is special reason to the contrary. The seniors shall be accorded the more desirable seats.

(5) Subject to the requirements of the rules for preventing collisions, junior boats shall avoid crowding or embarrassing senior boats.
NAVY PHYSICAL READINESS TEST (PRT) PROGRAM

1. **Background and Rationale**
   
a. Navy’s culture of fitness includes an all hands commitment to well-rounded, regular physical conditioning, and healthy food choices. The PRT is simply one element of a total health, physical fitness, and readiness program. Minimal satisfactory performance on the PRT establishes a base level of physical capacity essential for every member, regardless of designator, Navy Enlisted Classification (NEC), or duty assignment. All personnel shall strive to optimize fitness and readiness by exceeding minimum standards and achieving continual improvement.

   b. Standards are based on a sample of PRT results from over 200,000 members in the Fleet during PRTs from 1997 and 1998. NAVHLTHRESCHCEN San Diego completed data analysis and computed proposed PRT standards (see appendix A to this enclosure.) Results of Navy personnel were divided into groups based on gender and age. Separate standards were developed for each gender within each age group. Standards for each performance category are approximately as follows:

      (1) **OUTSTANDING** - Performance above or equal to top 10 percent.
      (2) **EXCELLENT** - Performance in top 25 percent, but less than OUTSTANDING.
      (3) **GOOD** - Performance better than or equal to lowest 25 percent, but less than EXCELLENT.
      (4) **SATISFACTORY/PROBATIONARY** - Performance in bottom 25 percent, but above lowest 10 percent.
      (5) **UNSATISFACTORY** - Performance in lowest 10 percent.

2. **Purpose of PRT Events**
   
a. Provide members with goals to promote basic physical fitness, health, and readiness.
   
b. Provide COs a means of assessing the general fitness of members of their command.

3. **Components of PRT**
   
a. Flexibility
Flexibility is the ability of a joint to move through the full range of motion. Lack of flexibility is associated with an increased risk of injury. Although no single test measures the flexibility of all joints, the sit-reach event serves as an important functional measure of hip region flexibility including lower back and back of legs.

b. Muscular Endurance

Muscular endurance is the ability to sustain muscle contractions over a period of time without undue fatigue. Curl-up and push-up events are indicators of muscular endurance. No single endurance test measures the endurance of all muscles; however, curl-ups serve as a measure of abdominal muscle endurance while push-ups indicate upper body muscular endurance. The curl-up exercise, when performed properly, is important in developing abdominal muscle tone. Adequate strength and endurance of abdominal muscles are an important element in prevention and treatment of lower back injury, which is associated with the ability to perform common pushing, pulling, and carrying tasks.

c. Cardiovascular Endurance

Cardiovascular endurance or aerobic capacity is the ability of the heart and lungs to deliver oxygen to working muscles. It is associated with the ability to carry out strenuous work throughout the workday without undue fatigue. One and a half mile run and/or walk and 500-yard/450-meter swim are included in the PRT because performance in these events is indicative of aerobic capacity.

4. Event Sequence

a. PRT events shall be completed on same day, in the following sequence: warm-up, sit-reach, curl-ups, push-ups, cardiovascular event (run and/or walk or swim), and cool-down.

b. Events shall be performed allowing at least 2 minutes, but no more than 15 minutes between events.

5. Event Procedures

a. Sit-Reach

(1) Ensure proper warm-up and stretching is done prior to testing.
(2) Sit on deck, legs extended, knees very slightly flexed, feet together, and toes pointed up. Shoes are optional.
(3) Reach slowly forward and touch toes with fingertips of both hands simultaneously.
(4) Hold reach for 1 second. Do not bounce or lunge.

b. Curl-Ups

(1) Event shall be conducted with partner on a level surface on a blanket, mat, or other suitable padding. Shoes are optional.
(2) Curl-ups are conducted as follows:
   (a) Participant shall start by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with hands touching upper chest or shoulders.
   (b) Feet shall be held to floor only by partner’s hands.
   (c) Timer shall signal start for participant and call out 15-second time intervals until 2 minutes have elapsed.
   (d) Participant curls body up, touching elbows to thighs while keeping hands in contact with chest or shoulders.
   (e) After touching elbows to thighs, participant lies back, touching lower edge of shoulder blades to deck.
   (f) Participant may rest in either up or down position.
(3) Curl-ups are repeated correctly as many times as possible in 2 minutes. Command Fitness Leader (CFL) or assistant CFL monitors participant for correct form and counts number of correctly performed curl-ups. Incorrectly performed curl-ups shall not be counted. Results for event ended in less than 2 minutes shall be the number of curl-ups properly completed at time of termination.
(4) Event is ended if participant:
   (a) Lowers legs.
   (b) Raises feet off ground or floor.
   (c) Lifts buttocks off ground or floor.
   (d) Fails to keep arms folded across and touching chest.
   (e) Fails to keep hands in contact with chest or shoulders.

c. Push-Ups

(1) Push-ups shall be performed on a firm or suitably padded, level surface. Shoes are optional.
(2) Push-ups shall be performed as follows:
   (a) Participant shall begin in "front-leaning rest" position, palms of hands placed on floor directly beneath or slightly wider than shoulders. Both feet together on floor.
   (b) Back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. Toes and palms
of hands shall remain in contact with floor. Feet shall not contact a wall or other vertical support surface.
(c) Timer shall signal start for participant and call out 15-second time intervals until 2 minutes have elapsed.
(d) Participant shall lower entire body as a single unit by bending elbows until upper arms, shoulders, and lower back are aligned and parallel to deck.
(e) Participant shall return to starting position by extending elbows, raising body as a single unit until arms are straight.
(f) Participant may rest only in up position while maintaining arms, back, buttocks, and legs in straight position.

(3) Push-ups are repeated correctly as many times as possible in 2 minutes. CFLs or assistant CFLs monitor participant for correct form and counts correctly performed push-ups. Incorrect push-ups shall not be counted. Results for event ended in less than 2 minutes shall be number of push-ups properly performed at time of termination.

(4) Event is ended if participant:
   (a) Touches deck with any part of body except hands and feet.
   (b) Raises one or both feet or hands off deck or ground.
   (c) Fails to maintain back, buttocks, and legs straight from head to heels.

d. 1.5-Mile Run and/or Walk

   (1) Event consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete event.
      (a) Event shall be conducted on a flat and solid surface.
   (2) Event shall be conducted on a track or outdoor course as follows:
      (a) Participant shall stand at start line.
      (b) Timer shall signal start and call out time intervals until completion of test.
      (c) Time is recorded with stopwatch to nearest second.
   (3) Event is ended if participant:
      (a) Stops running or walking other than to retie shoelace or remove foreign object from shoe.
      (b) Completes 1.5 miles.

e. 500-yard or 450-meter swim

   (1) Event consists of swimming 500 yards or 450 meters in fastest time possible. Any swim stroke and turn may be used.
(2) Event shall only be conducted in a standard 25 or 50 yard/meter swimming pool.

(3) Swim event shall be conducted as follows:
   (a) Swimmers begin test in water.
   (b) Timer shall signal start and call out time intervals or lengths until completion of test.
   (c) Time is recorded with stopwatch to nearest second.
   (d) Swimmers may push off from sides with hands and feet after each pool length.
   (e) Resting is permitted by holding side of pool, standing, or treading water.
   (f) Swimmers may use goggles, facemasks, swim caps, and or ear plugs. Fins, snorkels, flotation, wet suit, and propulsion device are not allowed.

(4) Event is ended if participant:
   (a) Completes prescribed distance.
   (b) Moves forward while resting.
   (c) Receives or requires assistance from lifeguard or other person.

6. **Grading PRT**
   
   a. PRT is passed when ROTC students achieve “Good-Low” performance standard or better for:
      (1) Curl-ups, push-ups, and one cardio respiratory event (run walk or swim).
      (2) Any two PRT events (other than sit reach) when the third is medically waived.

   b. Regardless of level of performance on other events, PRT is failed when members do not achieve “Good-Low” performance standard or better for any PRT event (other than sit reach) unless event is medically waived.

7. **Overall Score**
   
   a. Overall score is category-level performance corresponding to the average of points accumulated on PRT events. Members must pass all three PRT events to receive an overall score.

   b. Members must perform push-ups, curl-ups, and a cardiovascular event. Members who are medically waived from any of these events cannot be assigned an overall score.
USMC PHYSICAL FITNESS TEST (PFT) PROGRAM

1. SETUP

1. Uniform
   The authorized uniform for the semi-annual PFT is the USMC established green-on-green T-shirt and shorts, socks, and running shoes. The green-on-green sweat suit may be used in winter climates. Gloves may be worn. Substitutions of the aforementioned uniform are at the discretion of the CO/MOI.

2. Sequence of Events
   The sequence of PFT events will be left to the discretion of the CO/MOI. All PFT events will be conducted in a single session, not to exceed 2 hours in duration. Movement of Marines from one event to the next should allow adequate time to recover, stretch, and drink water.

3. Restriction of Events
   The command will not impose restrictions on the performance of any event other than those specifically stated in this Manual. For example, a command will not mandate that Marines must use the overhand grip when executing pull-ups or flexed-arm hang.

4. Monitoring
   The Command Physical Training (PT) Representative will monitor the PFT and maintain the PFT and Body Composition Worksheets. Marines will be kept advised of their progress as they are performing each event. The Command PT Representative or designate will call out each repetition for the pull-ups, and time-passed (in intervals) for the flexed-arm hang and abdominal crunch. The Command PT Representative (and additional monitors) will be posted along the 3.0 mile run course. Marines will receive their split time at the halfway mark and finishing time.

5. Logistics
   Minimal special-type equipment is required to conduct a PFT.

   a. Pull-Up Bar Requirements
      (1) Diameter of the bar may range between 1-1¾ inches; athletic tape on the bar is authorized.
      (2) The bar must be high enough to allow the tallest Marine’s legs to hang straight without touching the ground, when arms are fully extended.
      (3) Bench or stool may be used for shorter Marines to initially grasp the bar.
b. **3.0 mile Run Course**

The run course must be measured for accuracy and set over reasonably level ground. Course selection criteria must include consideration of the following:

1. **Safety.** Operational Risk Management (ORM) measures must be taken to ensure the course does not expose participants to undue risk.
2. **Performance.** When possible, the course should be an “out and back” or wide loop course. The run course should not include numerous sharp turns, etc. that would force a participant to slow down excessively to remain on the course.
3. **Location.** An indoor or outdoor track is permissible for the conduct of the run event. A determination as to whether the track is a yard or meter track must be made and the track measured to ensure accurate distance, prior to conducting the PFT. Run courses should not require a Marine to do more than 12 laps to cover 3.0 miles, (e.g., a course should not be shorter than 440-yard per lap). Running this event on a treadmill is not authorized.

c. **Support Equipment & Personnel (Monitors)**

1. A timepiece (digital or stopwatch) that accurately measures time to the second is required for the flexed-arm hang, abdominal crunch, and 3.0 mile run.
2. Safety equipment and personnel will be required as prescribed per local SOP.
3. Adequate supervisory personnel to monitor each event and act as timekeepers.

2. **EXECUTION OF THE PFT**

1. Individual performance on each PFT event will be executed as follows:

   a. **Pull-up**

      The goal of the pull-up event is for the Marine to execute as many accurate and complete pull-ups before dropping off the bar. The procedures are:

      1. This is not a timed event.
      2. Sweatshirts will be removed during the conduct of the pull-up event in order to observe the lockout of the elbows with each repetition.
      3. Assistance to the bar with a step up, being lifted up, or
jumping up is authorized. Any assistance up to the bar will not be used to continue into the first pull-up.

(4) The bar must be grasped with both palms facing either forward or to the rear.

(5) The correct starting position begins when the Marine’s arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless.

(6) The Marine’s legs may be positioned in a straight or bent position, but may not be raised above the waist.

(7) One repetition consists of raising the body with the arms until the chin is above the bar, and then lowering the body until the arms are fully extended; repeat the exercise. At no time during the execution of this event can a Marine rest his chin on the bar.

(8) The intent is to execute a vertical “dead hang” pull-up. A certain amount of inherent body movement will occur as the pull-up is executed. However, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pull-up. Whipping, kicking, kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. If observed, the repetition will not count for score.

(9) A repetition will be counted when an accurate and complete pull-up is performed.

b. Flexed-Arm Hang

The goal of the flexed-arm hang event is for a Marine to hang (maintain elbow flexion) for as long as possible. The procedures are:

(1) This is a timed event.

(2) Sweatshirts will be removed during the conduct of the flexed-arm hang event in order to observe when the Marine has completely locked-out her elbows.

(3) Assistance to the bar with a step up, being lifted up, or jumping up to the start position is authorized.

(4) The bar must be grasped with both palms facing either forward or to the rear.

(5) The correct starting position begins when the Marine’s arms are flexed at the elbow, the chin is held above the bar and not touching it, and the body is motionless. At no time during the execution of this event can a Marine rest her chin on the bar.

(6) Marines are authorized to drop down below the bar, however, some degree of elbow flexion must be
maintained with both arms. Once a Marine's arms are fully extended or the Marine drops off the bar, the clock will stop.

c. Abdominal Crunch
The goal of the abdominal crunch event is for a Marine to execute as many proper and complete crunches within the prescribed time limit. The procedures are:
(1) 2-minute time limit.
(2) On a flat surface, Marines will lie flat on their back with shoulder blades touching the deck, knees will be bent, and both feet will be flat on the deck.
(3) The arms will be folded across the chest or rib cage with no gap existing between the arms and chest/rib cage. Both arms must remain in constant contact with chest/rib cage throughout the exercise. A single repetition consists of raising the upper body from the starting position until both forearms or elbows simultaneously touch the thighs, and then returning to the starting position with the shoulder blades touching the deck.
(4) The buttocks will remain in constant contact with the deck throughout the event. No arching of the lower back or lifting the buttocks is permitted.
(5) An assistant may be used to hold a Marine's legs or feet, at or below the knees in whatever manner that is most comfortable for the Marine. Kneeling or sitting on the Marine’s feet is permitted.
(6) A repetition will be counted when an accurate and complete abdominal crunch is performed.

d. 3.0 Mile Run
The goal is for a Marine to complete the measured course as quickly as possible. The procedures are:
(1) This is a timed event.
(2) On the command to start, the two Marines monitoring the event will start their watches simultaneously when the last Marine passes the starting point. The Command PT Representative will remain at the start/finish and the other monitor will take the safety vehicle (with communication capabilities) to the halfway point. Monitors will call out the split or finishing time as appropriate, as each Marine passes.
3. **PFT STANDARDS**

1. **PFT Performance Requirements**

To successfully pass the PFT, Marines must complete the minimum acceptable performance requirements in each event and achieve an overall combined score for their age group as shown in table 2-1. Marines must be made aware that the minimum performance (points) in each event alone, will not total the points required for a passing score. Additional points must be earned in at least one event in order to achieve a 3rd Class PFT or better, per age group. Failure to meet the minimum requirements in any event constitutes a failure of the entire test, regardless of the total number of points earned for all three events. Marines on light or limited duty will complete the two events that they are medically qualified to participate in, and will receive credit for a PPFT.

<table>
<thead>
<tr>
<th>AGE</th>
<th>PULL-UPS/ABDOMINAL</th>
<th>3.0 MILE RUN (MIN)</th>
<th>TOTAL POINTS</th>
<th>MIN SCORE</th>
<th>ADDNTL’ POINTS NEEDED</th>
</tr>
</thead>
<tbody>
<tr>
<td>17-26</td>
<td>3/15 (SEC)</td>
<td>28 (m)</td>
<td>105</td>
<td>135</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td></td>
<td>31 (f)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27-39</td>
<td>3/15</td>
<td>29 (m)</td>
<td>94</td>
<td>110</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>32 (f)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40-45</td>
<td>3/15</td>
<td>30 (m)</td>
<td>88</td>
<td>88</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>33 (f)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>46+</td>
<td>3/15</td>
<td>33 (m)</td>
<td>65</td>
<td>65</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>36 (f)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 2-1. Minimum Acceptable Performance Requirements for PFT/PPFT Events.

2. Individual event scores for both males and females can be viewed in Appendix B.

3. **PFT Classification Scores**

Table 2-2 shows the minimum score required, per age group, to earn each PFT classification score. Marines should be encouraged to continually strive to perform their best and not merely accept minimum performance.
Table 2.2—Minimum PFT Classification Scores.

4. **PARTIAL PHYSICAL FITNESS TEST (PPFT)**

1. Marines who are medically excused from performing a particular event of the PFT as certified by a MO (e.g., light or TLD), are required to perform a PPFT. The PPFT for score requires that Marines complete two of the three PFT events. For the event not conducted, the event score from the previous semi-annual PFT will be used. Event times/repetitions will be awarded points the same way the PFT awards points; reference Appendix B to view the scoring table. As with a PFT, failure to meet the minimum requirements in either event constitutes a test failure. Reference table 2-1 to view the minimum acceptable performance requirements for each event.

2. **Reporting**

   a. The PFT and Body Composition Worksheet will indicate the event not taken and whether a light duty, TLD, or PLD status was the reason for the PPFT.

3. **Post-Light or Limited Duty PFT**

   a. Marines have the option to either keep the PPFT score taken for the current semi-annual period or to conduct a PFT (e.g., for promotion purposes) after being returned to full duty. The Marine will be given a minimum of 30 days and no more than 90 days to complete the PFT. This score will replace the PPFT taken during the waiver period. This is the only time a retest score will be used to replace a previous entry (partial) reported in MCTFS; this is not considered a remedial score.

4. **Consecutive PPFTs**

   a. Marines who take PPFTs for two consecutive semi-annual periods, for the same injury or illness, will be referred to a MO and
processed for a medical board. A MEB, PEB, or both will be conducted in order to determine the Marine’s fitness for duty.
FRESHMAN ORIENTATION MEMORY PACK
(To be memorized prior to arrival)

FRESHMEN ORIENTATION CHAIN OF COMMAND

President: The Honorable Mr. Barack H. Obama
Secretary of Defense: The Honorable Mr. Robert M. Gates
Secretary of the Navy: The Honorable Mr. Raymond E. Mabus
Chief of Naval Operations: Admiral Gary Roughead, USN
Chief of Naval Education & Training: Rear Admiral Gary Jones, USN
Commanding Officer, AU/TU Consortium: Captain Richard Fox, USN
Freshman Orientation Officer in Charge: Officer Candidate Harley Harp, USNR

NOTABLE MILITARY AND CIVILIAN OFFICIALS

Vice President: The Honorable Mr. Joseph R. Biden
Secretary of State: The Honorable Mrs. Hillary R. Clinton
Chairman, Joint Chiefs of Staff: Admiral Mike Mullen, USN
Commandant of the Marine Corps: General James T. Conway, USMC
President of Auburn University: The Honorable Dr. Jay Gogue

PROFESSIONAL STAFF, NAVAL ROTC AUBURN UNIVERSITY
(this section need not be memorized for freshman orientation)

Executive Officer: Commander Shannon Coulter, USN
Marine Officer Instructor: Major Jeff Dyal, USMC
Freshman Advisor: Lieutenant Tim Aja, USN
Sophomore Advisor: Lieutenant Jimmy Dickey, USN
Junior Advisor: Lieutenant Shawn Newman, USN
Senior Advisor: Lieutenant Shaun Dennis, USN
Assistant Marine Officer Instructor: GySgt Walter Ramos, USMC
Administration Officer: YN1 Kristie Threat, USN
Supply Technician: Mrs. Jan Holt
Administrative Support Associate: Mrs. Kat Stofer
Human Resources Associate: Ms. Ann Wittenbel
Human Resources Associate: Mrs. Levorna Clements
Human Resources Associate: Ms. Sylvia Strickland
Navy Knowledge:

Birthday: 13 October 1775
Official Song: “Anchors Aweigh”
Hymn: “Eternal Father”
Father of the Navy: John Paul Jones

Marine Corps Knowledge:

Birthday: 10 November 1775
Birthplace: Tun Tavern, Philadelphia, Pennsylvania
Hymn: “Marines’ Hymn”
Motto: *Semper Fidelis*, “Always Faithful”

**Anchors Aweigh**

Stand, Navy, out to sea, Fight our battle cry;
We'll never change our course, So vicious foe steer shy-y-y-y.
Roll out the TNT, Anchors Aweigh. Sail on to victory
And sink their bones to Davy Jones, hooray!

**Marines’ Hymn**

From the halls of Montezuma, to the shores of Tripoli,
We fight our country's battles in the air, on land and sea.
First to fight for right and freedom, and to keep our honor clean;
We are proud to claim the title of United States Marine.
11 General Orders

(1) To take charge of my post and all government property in view.

(2) To walk my post in a military manner, keeping always on the alert and observing everything that takes place within sight or hearing.

(3) To report all violations of orders I am instructed to enforce.

(4) To repeat all calls from guard posts more distant from the guardhouse than my own.

(5) To quit my post only when properly relieved.

(6) To receive, obey, and pass on to the sentry who relieves me, all orders from the Commanding Officer, Officer of the day, and officers and noncommissioned officers of the guard only.

(7) To talk to no one except in the line of duty.

(8) To give the alarm in case of fire or disorder.

(9) To call the corporal of the guard in any case not covered by instructions.

(10) To salute all officers and colors and standards not cased.

(11) To be especially watchful at night and during the time for challenging, to challenge all persons on or near my post and to allow no one to pass without proper authority.
## RANK EQUIVALENTS AND INSIGNIAS

<table>
<thead>
<tr>
<th>Paygrade</th>
<th>Navy</th>
<th>Insignia</th>
<th>Marine Corps</th>
<th>Insignia</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-1</td>
<td>Seaman Recruit</td>
<td>None</td>
<td>Private</td>
<td>None</td>
</tr>
<tr>
<td>E-2</td>
<td>Seaman Apprentice</td>
<td><img src="image1.png" alt="Insignia" /></td>
<td>Private First Class</td>
<td><img src="image2.png" alt="Insignia" /></td>
</tr>
<tr>
<td>E-3</td>
<td>Seaman</td>
<td><img src="image3.png" alt="Insignia" /></td>
<td>Lance Corporal</td>
<td><img src="image4.png" alt="Insignia" /></td>
</tr>
<tr>
<td>E-4</td>
<td>Petty Officer 3rd Class</td>
<td><img src="image5.png" alt="Insignia" /></td>
<td>Corporal</td>
<td><img src="image6.png" alt="Insignia" /></td>
</tr>
<tr>
<td>E-5</td>
<td>Petty Officer 2nd Class</td>
<td><img src="image7.png" alt="Insignia" /></td>
<td>Sergeant</td>
<td><img src="image8.png" alt="Insignia" /></td>
</tr>
<tr>
<td>E-6</td>
<td>Petty Officer 1st Class</td>
<td><img src="image9.png" alt="Insignia" /></td>
<td>Staff Sergeant</td>
<td><img src="image10.png" alt="Insignia" /></td>
</tr>
<tr>
<td>E-7</td>
<td>Chief Petty Officer</td>
<td><img src="image11.png" alt="Insignia" /></td>
<td>Gunnery Sergeant</td>
<td><img src="image12.png" alt="Insignia" /></td>
</tr>
<tr>
<td>E-8</td>
<td>Senior Chief Petty Officer</td>
<td><img src="image13.png" alt="Insignia" /></td>
<td>Master Sergeant or First Sergeant</td>
<td><img src="image14.png" alt="Insignia" /></td>
</tr>
<tr>
<td>E-9</td>
<td>Master Chief Petty Officer</td>
<td><img src="image15.png" alt="Insignia" /></td>
<td>Master Gunnery Sergeant or Sergeant Major</td>
<td><img src="image16.png" alt="Insignia" /></td>
</tr>
<tr>
<td>Paygrade</td>
<td>Navy</td>
<td>Insignia</td>
<td>Marine Corps</td>
<td>Insignia</td>
</tr>
<tr>
<td>----------</td>
<td>-------------</td>
<td>----------</td>
<td>--------------</td>
<td>----------</td>
</tr>
<tr>
<td>O-1</td>
<td>Ensign</td>
<td>![Insignia Image]</td>
<td>2nd Lieutenant</td>
<td>![Insignia Image]</td>
</tr>
<tr>
<td>O-2</td>
<td>Lieutenant</td>
<td>![Insignia Image]</td>
<td>1st Lieutenant</td>
<td>![Insignia Image]</td>
</tr>
<tr>
<td></td>
<td>Junior Grade</td>
<td>![Insignia Image]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-3</td>
<td>Lieutenant</td>
<td>![Insignia Image]</td>
<td>Captain</td>
<td>![Insignia Image]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>![Insignia Image]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-4</td>
<td>Lieutenant</td>
<td>![Insignia Image]</td>
<td>Major</td>
<td>![Insignia Image]</td>
</tr>
<tr>
<td></td>
<td>Commander</td>
<td>![Insignia Image]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-5</td>
<td>Commander</td>
<td>![Insignia Image]</td>
<td>Lieutenant Colonel</td>
<td>![Insignia Image]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>![Insignia Image]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-6</td>
<td>Captain</td>
<td>![Insignia Image]</td>
<td>Colonel</td>
<td>![Insignia Image]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>![Insignia Image]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-7</td>
<td>Rear Admiral</td>
<td>![Insignia Image]</td>
<td>Brigadier General</td>
<td>![Insignia Image]</td>
</tr>
<tr>
<td></td>
<td>Lower Half</td>
<td>![Insignia Image]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-8</td>
<td>Rear Admiral</td>
<td>![Insignia Image]</td>
<td>Major General</td>
<td>![Insignia Image]</td>
</tr>
<tr>
<td></td>
<td>Upper Half</td>
<td>![Insignia Image]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-9</td>
<td>Vice Admiral</td>
<td>![Insignia Image]</td>
<td>Lieutenant General</td>
<td>![Insignia Image]</td>
</tr>
<tr>
<td></td>
<td></td>
<td>![Insignia Image]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>O-10</td>
<td>Admiral</td>
<td>![Insignia Image]</td>
<td>General</td>
<td>![Insignia Image]</td>
</tr>
</tbody>
</table>
## APPENDIX A

PHYSICAL READINESS TEST STANDARDS
(TEST SITE ELEVATION LESS THAN 5,000 FT ABOVE SEA LEVEL)

<table>
<thead>
<tr>
<th>Performance</th>
<th>Points</th>
<th>Males: Age 17-19 years</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Curl-ups</td>
</tr>
<tr>
<td>Category</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outstanding</td>
<td>High</td>
<td>100</td>
</tr>
<tr>
<td>Outstanding</td>
<td>Medium</td>
<td>95</td>
</tr>
<tr>
<td>Outstanding</td>
<td>Low</td>
<td>90</td>
</tr>
<tr>
<td>Excellent</td>
<td>High</td>
<td>85</td>
</tr>
<tr>
<td>Excellent</td>
<td>Medium</td>
<td>80</td>
</tr>
<tr>
<td>Excellent</td>
<td>Low</td>
<td>75</td>
</tr>
<tr>
<td>Good</td>
<td>High</td>
<td>70</td>
</tr>
<tr>
<td>Good</td>
<td>Medium</td>
<td>65</td>
</tr>
<tr>
<td>Good</td>
<td>Low</td>
<td>60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Performance</th>
<th>Points</th>
<th>Females: Age 17-19 years</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Curl-ups</td>
</tr>
<tr>
<td>Category</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outstanding</td>
<td>High</td>
<td>100</td>
</tr>
<tr>
<td>Outstanding</td>
<td>Medium</td>
<td>95</td>
</tr>
<tr>
<td>Outstanding</td>
<td>Low</td>
<td>90</td>
</tr>
<tr>
<td>Excellent</td>
<td>High</td>
<td>85</td>
</tr>
<tr>
<td>Excellent</td>
<td>Medium</td>
<td>80</td>
</tr>
<tr>
<td>Excellent</td>
<td>Low</td>
<td>75</td>
</tr>
<tr>
<td>Good</td>
<td>High</td>
<td>70</td>
</tr>
<tr>
<td>Good</td>
<td>Medium</td>
<td>65</td>
</tr>
<tr>
<td>Good</td>
<td>Low</td>
<td>60</td>
</tr>
</tbody>
</table>
## PHYSICAL READINESS TEST STANDARDS
### (CONT’D)

<table>
<thead>
<tr>
<th>Performance</th>
<th>Points</th>
<th>Males: Age 20-24 years</th>
<th>1.5-mile run</th>
<th>500-ydswim</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Curl- ups</td>
<td>Push-ups</td>
<td></td>
</tr>
<tr>
<td>Category</td>
<td></td>
<td>Males</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outstanding</td>
<td>100</td>
<td>105</td>
<td>87</td>
<td>8:30</td>
</tr>
<tr>
<td>Outstanding</td>
<td>95</td>
<td>103</td>
<td>86</td>
<td>9:00</td>
</tr>
<tr>
<td><strong>Outstanding</strong></td>
<td><strong>90</strong></td>
<td><strong>98</strong></td>
<td><strong>81</strong></td>
<td><strong>9:15</strong></td>
</tr>
<tr>
<td>Excellent</td>
<td>85</td>
<td>94</td>
<td>77</td>
<td>9:45</td>
</tr>
<tr>
<td>Excellent</td>
<td>80</td>
<td>90</td>
<td>74</td>
<td>10:00</td>
</tr>
<tr>
<td><strong>Excellent</strong></td>
<td><strong>75</strong></td>
<td><strong>87</strong></td>
<td><strong>71</strong></td>
<td><strong>10:30</strong></td>
</tr>
<tr>
<td>Good</td>
<td>70</td>
<td>78</td>
<td>64</td>
<td>10:45</td>
</tr>
<tr>
<td>Good</td>
<td>65</td>
<td>66</td>
<td>55</td>
<td>11:30</td>
</tr>
<tr>
<td><strong>Good</strong></td>
<td><strong>60</strong></td>
<td><strong>58</strong></td>
<td><strong>47</strong></td>
<td><strong>12:00</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Performance</th>
<th>Points</th>
<th>Females: Age 20-24 years</th>
<th>1.5-mile run</th>
<th>500-ydswim</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Curl- ups</td>
<td>Push-ups</td>
<td></td>
</tr>
<tr>
<td>Category</td>
<td></td>
<td>Females</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outstanding</td>
<td>100</td>
<td>105</td>
<td>48</td>
<td>9:47</td>
</tr>
<tr>
<td>Outstanding</td>
<td>95</td>
<td>103</td>
<td>47</td>
<td>11:15</td>
</tr>
<tr>
<td><strong>Outstanding</strong></td>
<td><strong>90</strong></td>
<td><strong>98</strong></td>
<td><strong>44</strong></td>
<td><strong>11:30</strong></td>
</tr>
<tr>
<td>Excellent</td>
<td>85</td>
<td>94</td>
<td>43</td>
<td>12:15</td>
</tr>
<tr>
<td>Excellent</td>
<td>80</td>
<td>90</td>
<td>40</td>
<td>12:45</td>
</tr>
<tr>
<td><strong>Excellent</strong></td>
<td><strong>75</strong></td>
<td><strong>87</strong></td>
<td><strong>39</strong></td>
<td><strong>13:15</strong></td>
</tr>
<tr>
<td>Good</td>
<td>70</td>
<td>78</td>
<td>33</td>
<td>13:30</td>
</tr>
<tr>
<td>Good</td>
<td>65</td>
<td>66</td>
<td>28</td>
<td>13:45</td>
</tr>
<tr>
<td><strong>Good</strong></td>
<td><strong>60</strong></td>
<td><strong>58</strong></td>
<td><strong>21</strong></td>
<td><strong>14:15</strong></td>
</tr>
</tbody>
</table>
### APPENDIX B

**Marine Corps Physical Fitness Test Points - Male**

<table>
<thead>
<tr>
<th>Points</th>
<th>Pull-Ups</th>
<th>Crunches</th>
<th>3-Mile Run</th>
<th>Points</th>
<th>Pull-Ups</th>
<th>Crunches</th>
<th>3-Mile Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>20</td>
<td>100</td>
<td>18:00</td>
<td>68</td>
<td>68</td>
<td></td>
<td>23:20</td>
</tr>
<tr>
<td>99</td>
<td>99</td>
<td></td>
<td>18:10</td>
<td>67</td>
<td></td>
<td></td>
<td>23:30</td>
</tr>
<tr>
<td>98</td>
<td>98</td>
<td></td>
<td>18:20</td>
<td>66</td>
<td></td>
<td></td>
<td>23:40</td>
</tr>
<tr>
<td>97</td>
<td>97</td>
<td></td>
<td>18:30</td>
<td>65</td>
<td>13</td>
<td>65</td>
<td>23:50</td>
</tr>
<tr>
<td>96</td>
<td>96</td>
<td></td>
<td>18:40</td>
<td>64</td>
<td></td>
<td>64</td>
<td>24:00</td>
</tr>
<tr>
<td>95</td>
<td>19</td>
<td>95</td>
<td>18:50</td>
<td>63</td>
<td></td>
<td>63</td>
<td>24:10</td>
</tr>
<tr>
<td>94</td>
<td>94</td>
<td></td>
<td>19:00</td>
<td>62</td>
<td></td>
<td>62</td>
<td>24:20</td>
</tr>
<tr>
<td>93</td>
<td>93</td>
<td></td>
<td>19:10</td>
<td>61</td>
<td></td>
<td>61</td>
<td>24:30</td>
</tr>
<tr>
<td>92</td>
<td>92</td>
<td></td>
<td>19:20</td>
<td>60</td>
<td>12</td>
<td>60</td>
<td>24:40</td>
</tr>
<tr>
<td>91</td>
<td>91</td>
<td></td>
<td>19:30</td>
<td>59</td>
<td></td>
<td>59</td>
<td>24:50</td>
</tr>
<tr>
<td>90</td>
<td>18</td>
<td>90</td>
<td>19:40</td>
<td>58</td>
<td></td>
<td>58</td>
<td>25:00</td>
</tr>
<tr>
<td>89</td>
<td>89</td>
<td></td>
<td>19:50</td>
<td>57</td>
<td></td>
<td>57</td>
<td>25:10</td>
</tr>
<tr>
<td>88</td>
<td>88</td>
<td></td>
<td>20:00</td>
<td>56</td>
<td></td>
<td>56</td>
<td>25:20</td>
</tr>
<tr>
<td>87</td>
<td>87</td>
<td></td>
<td>20:10</td>
<td>55</td>
<td>11</td>
<td>55</td>
<td>25:30</td>
</tr>
<tr>
<td>86</td>
<td>86</td>
<td></td>
<td>20:20</td>
<td>54</td>
<td></td>
<td>54</td>
<td>25:40</td>
</tr>
<tr>
<td>85</td>
<td>17</td>
<td>85</td>
<td>20:30</td>
<td>53</td>
<td></td>
<td>53</td>
<td>25:50</td>
</tr>
<tr>
<td>84</td>
<td>84</td>
<td></td>
<td>20:40</td>
<td>52</td>
<td></td>
<td>52</td>
<td>26:00</td>
</tr>
<tr>
<td>83</td>
<td>83</td>
<td></td>
<td>20:50</td>
<td>51</td>
<td></td>
<td>51</td>
<td>26:10</td>
</tr>
<tr>
<td>82</td>
<td>82</td>
<td></td>
<td>21:00</td>
<td>50</td>
<td>10</td>
<td>50</td>
<td>26:20</td>
</tr>
<tr>
<td>81</td>
<td>81</td>
<td></td>
<td>21:10</td>
<td>49</td>
<td></td>
<td>49</td>
<td>26:30</td>
</tr>
<tr>
<td>80</td>
<td>16</td>
<td>80</td>
<td>21:20</td>
<td>48</td>
<td></td>
<td>48</td>
<td>26:40</td>
</tr>
<tr>
<td>79</td>
<td>79</td>
<td></td>
<td>21:30</td>
<td>47</td>
<td></td>
<td>47</td>
<td>26:50</td>
</tr>
<tr>
<td>78</td>
<td>78</td>
<td></td>
<td>21:40</td>
<td>46</td>
<td></td>
<td>46</td>
<td>27:00</td>
</tr>
<tr>
<td>77</td>
<td>77</td>
<td></td>
<td>21:50</td>
<td>45</td>
<td>9</td>
<td>45</td>
<td>27:10</td>
</tr>
<tr>
<td>76</td>
<td>76</td>
<td></td>
<td>22:00</td>
<td>44</td>
<td></td>
<td>44</td>
<td>27:20</td>
</tr>
<tr>
<td>75</td>
<td>15</td>
<td>75</td>
<td>22:10</td>
<td>43</td>
<td></td>
<td>43</td>
<td>27:30</td>
</tr>
<tr>
<td>74</td>
<td>74</td>
<td></td>
<td>22:20</td>
<td>42</td>
<td></td>
<td>42</td>
<td>27:40</td>
</tr>
<tr>
<td>73</td>
<td>73</td>
<td></td>
<td>22:30</td>
<td>41</td>
<td></td>
<td>41</td>
<td>27:50</td>
</tr>
<tr>
<td>72</td>
<td>72</td>
<td></td>
<td>22:40</td>
<td>40</td>
<td>8</td>
<td>40</td>
<td>28:00</td>
</tr>
<tr>
<td>71</td>
<td>71</td>
<td></td>
<td>22:50</td>
<td>39</td>
<td></td>
<td>x</td>
<td>28:10</td>
</tr>
<tr>
<td>70</td>
<td>14</td>
<td>70</td>
<td>23:00</td>
<td>38</td>
<td></td>
<td>x</td>
<td>28:20</td>
</tr>
<tr>
<td>69</td>
<td>69</td>
<td></td>
<td>23:10</td>
<td>37</td>
<td></td>
<td>x</td>
<td>28:30</td>
</tr>
</tbody>
</table>
### Marine Corps Physical Fitness Test Points - Male

<table>
<thead>
<tr>
<th>Point</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>34</td>
<td>29:00</td>
</tr>
<tr>
<td>33</td>
<td>29:10</td>
</tr>
<tr>
<td>32</td>
<td>29:20</td>
</tr>
<tr>
<td>31</td>
<td>29:30</td>
</tr>
<tr>
<td>30</td>
<td>29:40</td>
</tr>
<tr>
<td>29</td>
<td>29:50</td>
</tr>
<tr>
<td>28</td>
<td>30:00</td>
</tr>
<tr>
<td>27</td>
<td>30:10</td>
</tr>
<tr>
<td>26</td>
<td>30:20</td>
</tr>
<tr>
<td>25</td>
<td>30:30</td>
</tr>
<tr>
<td>24</td>
<td>30:40</td>
</tr>
<tr>
<td>23</td>
<td>30:50</td>
</tr>
<tr>
<td>22</td>
<td>31:00</td>
</tr>
<tr>
<td>21</td>
<td>31:10</td>
</tr>
<tr>
<td>20</td>
<td>31:20</td>
</tr>
<tr>
<td>19</td>
<td>31:30</td>
</tr>
<tr>
<td>18</td>
<td>31:40</td>
</tr>
<tr>
<td>17</td>
<td>31:50</td>
</tr>
<tr>
<td>16</td>
<td>32:00</td>
</tr>
<tr>
<td>15</td>
<td>32:10</td>
</tr>
<tr>
<td>14</td>
<td>32:20</td>
</tr>
<tr>
<td>13</td>
<td>32:30</td>
</tr>
<tr>
<td>12</td>
<td>32:40</td>
</tr>
<tr>
<td>11</td>
<td>32:50</td>
</tr>
<tr>
<td>10</td>
<td>33:00</td>
</tr>
<tr>
<td>9</td>
<td>x</td>
</tr>
<tr>
<td>8</td>
<td>x</td>
</tr>
<tr>
<td>7</td>
<td>x</td>
</tr>
<tr>
<td>6</td>
<td>x</td>
</tr>
<tr>
<td>5</td>
<td>x</td>
</tr>
<tr>
<td>4</td>
<td>x</td>
</tr>
<tr>
<td>3</td>
<td>x</td>
</tr>
<tr>
<td>2</td>
<td>x</td>
</tr>
<tr>
<td>1</td>
<td>x</td>
</tr>
</tbody>
</table>

### Marine Corps Physical Fitness Test Points - Female

**Points**

<table>
<thead>
<tr>
<th>Point</th>
<th>Flexed-Arm Hang</th>
<th>Crunches</th>
<th>3-Mile Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>70 sec</td>
<td>100</td>
<td>21:00</td>
</tr>
<tr>
<td>99</td>
<td>99</td>
<td>99</td>
<td>21:10</td>
</tr>
<tr>
<td>98</td>
<td>69 sec</td>
<td>98</td>
<td>21:20</td>
</tr>
<tr>
<td>97</td>
<td>97</td>
<td>97</td>
<td>21:30</td>
</tr>
<tr>
<td>96</td>
<td>68 sec</td>
<td>96</td>
<td>21:40</td>
</tr>
<tr>
<td>95</td>
<td>95</td>
<td>95</td>
<td>21:50</td>
</tr>
<tr>
<td>94</td>
<td>67 sec</td>
<td>94</td>
<td>22:00</td>
</tr>
<tr>
<td>93</td>
<td>93</td>
<td>93</td>
<td>22:10</td>
</tr>
<tr>
<td>92</td>
<td>66 sec</td>
<td>92</td>
<td>22:20</td>
</tr>
<tr>
<td>91</td>
<td>91</td>
<td>91</td>
<td>22:30</td>
</tr>
<tr>
<td>90</td>
<td>65 sec</td>
<td>90</td>
<td>22:40</td>
</tr>
<tr>
<td>89</td>
<td>89</td>
<td>89</td>
<td>22:50</td>
</tr>
<tr>
<td>88</td>
<td>64 sec</td>
<td>88</td>
<td>23:00</td>
</tr>
<tr>
<td>87</td>
<td>87</td>
<td>87</td>
<td>23:10</td>
</tr>
<tr>
<td>86</td>
<td>63 sec</td>
<td>86</td>
<td>23:20</td>
</tr>
<tr>
<td>85</td>
<td>85</td>
<td>85</td>
<td>23:30</td>
</tr>
<tr>
<td>84</td>
<td>62 sec</td>
<td>84</td>
<td>23:40</td>
</tr>
<tr>
<td>83</td>
<td>83</td>
<td>83</td>
<td>23:50</td>
</tr>
<tr>
<td>82</td>
<td>61 sec</td>
<td>82</td>
<td>24:00</td>
</tr>
<tr>
<td>81</td>
<td>81</td>
<td>81</td>
<td>24:10</td>
</tr>
<tr>
<td>80</td>
<td>60 sec</td>
<td>80</td>
<td>24:20</td>
</tr>
<tr>
<td>79</td>
<td>79</td>
<td>79</td>
<td>24:30</td>
</tr>
<tr>
<td>78</td>
<td>59 sec</td>
<td>78</td>
<td>24:40</td>
</tr>
<tr>
<td>77</td>
<td>77</td>
<td>77</td>
<td>24:50</td>
</tr>
<tr>
<td>76</td>
<td>58 sec</td>
<td>76</td>
<td>25:00</td>
</tr>
<tr>
<td>75</td>
<td>75</td>
<td>75</td>
<td>25:10</td>
</tr>
<tr>
<td>74</td>
<td>57 sec</td>
<td>74</td>
<td>25:20</td>
</tr>
<tr>
<td>73</td>
<td>73</td>
<td>73</td>
<td>25:30</td>
</tr>
<tr>
<td>72</td>
<td>56 sec</td>
<td>72</td>
<td>25:40</td>
</tr>
<tr>
<td>71</td>
<td>71</td>
<td>71</td>
<td>25:50</td>
</tr>
<tr>
<td>70</td>
<td>55 sec</td>
<td>70</td>
<td>26:00</td>
</tr>
<tr>
<td>69</td>
<td>69</td>
<td>69</td>
<td>26:10</td>
</tr>
<tr>
<td>68</td>
<td>54 sec</td>
<td>68</td>
<td>26:20</td>
</tr>
<tr>
<td>67</td>
<td>67</td>
<td>67</td>
<td>26:30</td>
</tr>
</tbody>
</table>

**Notes:**
- Male points are on the left side of the page.
- Female points are on the right side of the page.
- The female points include Flexed-Arm Hang and 3-Mile Run times.
<table>
<thead>
<tr>
<th>Marine Corps Physical Fitness Test</th>
<th>Marine Corps Physical Fitness Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points - Female</td>
<td>Points - Female</td>
</tr>
<tr>
<td>66  53 sec  66  26:40</td>
<td>32  32 sec  x  32:20</td>
</tr>
<tr>
<td>65  65     65  26:50</td>
<td>31  31 sec  x  32:30</td>
</tr>
<tr>
<td>64  52 sec  64  27:00</td>
<td>30  30 sec  x  32:40</td>
</tr>
<tr>
<td>63  63     27:10</td>
<td>29  29 sec  x  32:50</td>
</tr>
<tr>
<td>62  51 sec  62  27:20</td>
<td>28  28 sec  x  33:00</td>
</tr>
<tr>
<td>61  61     27:30</td>
<td>27  27 sec  x  33:10</td>
</tr>
<tr>
<td>60  50 sec  60  27:40</td>
<td>26  26 sec  x  33:20</td>
</tr>
<tr>
<td>59  59     27:50</td>
<td>25  25 sec  x  33:30</td>
</tr>
<tr>
<td>58  49 sec  58  28:00</td>
<td>24  24 sec  x  33:40</td>
</tr>
<tr>
<td>57  57     28:10</td>
<td>23  23 sec  x  33:50</td>
</tr>
<tr>
<td>56  48 sec  56  28:20</td>
<td>22  22 sec  x  34:00</td>
</tr>
<tr>
<td>55  55     28:30</td>
<td>21  21 sec  x  34:10</td>
</tr>
<tr>
<td>54  47 sec  54  28:40</td>
<td>20  20 sec  x  34:20</td>
</tr>
<tr>
<td>53  53     28:50</td>
<td>19  19 sec  x  34:30</td>
</tr>
<tr>
<td>52  46 sec  52  29:00</td>
<td>18  18 sec  x  34:40</td>
</tr>
<tr>
<td>51  51     29:10</td>
<td>17  17 sec  x  34:50</td>
</tr>
<tr>
<td>50  45 sec  50  29:20</td>
<td>16  16 sec  x  35:00</td>
</tr>
<tr>
<td>49  49     29:30</td>
<td>15  15 sec  x  35:10</td>
</tr>
<tr>
<td>48  44 sec  48  29:40</td>
<td>14  x       x  35:20</td>
</tr>
<tr>
<td>47  47     29:50</td>
<td>13  x       x  35:30</td>
</tr>
<tr>
<td>46  43 sec  46  30:00</td>
<td>12  x       x  35:40</td>
</tr>
<tr>
<td>45  45     30:10</td>
<td>11  x       x  35:50</td>
</tr>
<tr>
<td>44  42 sec  44  30:20</td>
<td>10  x       x  36:00</td>
</tr>
<tr>
<td>43  43     30:30</td>
<td>9  x        x  x</td>
</tr>
<tr>
<td>42  41 sec  42  30:40</td>
<td>8  x        x  x</td>
</tr>
<tr>
<td>41  41     30:50</td>
<td>7  x        x  x</td>
</tr>
<tr>
<td>40  40 sec  40  31:00</td>
<td>6  x        x  x</td>
</tr>
<tr>
<td>39  39 sec  x  31:10</td>
<td>5  x        x  x</td>
</tr>
<tr>
<td>38  38 sec  x  31:20</td>
<td>4  x        x  x</td>
</tr>
<tr>
<td>37  37 sec  x  31:30</td>
<td>3  x        x  x</td>
</tr>
<tr>
<td>36  36 sec  x  31:40</td>
<td>2  x        x  x</td>
</tr>
<tr>
<td>35  35 sec  x  31:50</td>
<td>1  x        x  x</td>
</tr>
<tr>
<td>34  34 sec  x  32:00</td>
<td></td>
</tr>
<tr>
<td>33  33 sec  x  32:10</td>
<td></td>
</tr>
</tbody>
</table>